

To: Administrators, Counselors, and Teachers for Grades Sixth through Eighth

From: Jason Murrey, Prevention Specialist

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Subject: ***Non-competitive Opportunity to Receive Full Botvin Lifeskills Curriculum***

The Indiana Department of Education, in partnership with the Indiana Division of Mental Health and Addiction, through the use of CURES federal dollars, are offering 50 school districts the opportunity to add Botvin Lifeskills Training (BLT) to their sixth through eighth grade curriculums. BLT is an evidence-based practice and has shown to be effective in improving **personal self-management, general social, and drug resistance skills among middle school students.** *The first 50 schools that apply* will receive a classroom kit for each level that includes the teacher's manual and student workbooks. The curriculum will also include stress management techniques DVD; smoking biofeedback DVD; and Prescription Drug Abuse Module (Teacher's manual and student worksheets). This is a non-competitive opportunity.

### **Program Structure Overview:**

- Grades six through eight
- The program is designed to be taught in sequence over three years in middle school or junior high. The curriculum is intended to be taught sequentially to build on skills learned in the previous levels. Any students taking the program for the first time should receive level one, followed by booster sessions (levels two and three).
  - **Foundation Level One (ideally implemented in grades six and seven):** 15 class sessions
    - (includes three optional violence prevention lessons)
  - **Booster Level Two (only implemented after level 1):** 10 class sessions
    - (includes 2 optional violence prevention lessons)
  - **Booster Level Three (only implemented after level 2):** Five class sessions
    - (includes four optional violence prevention lessons)
- 30-45 minute class sessions

Taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week). To learn more click on this link:

<https://www.lifeskillstraining.com/botvin-lifeskills-training-middle-school-program/>

\*You are applying for a kit with all three grade levels.

**Jot Form Application Submission:** <https://form.jotform.com/201395641761961>

**Contact Jason Murrey directly at 317-966-5408 or [jmurrey1@doe.in.gov](mailto:jmurrey1@doe.in.gov) with any questions!**